

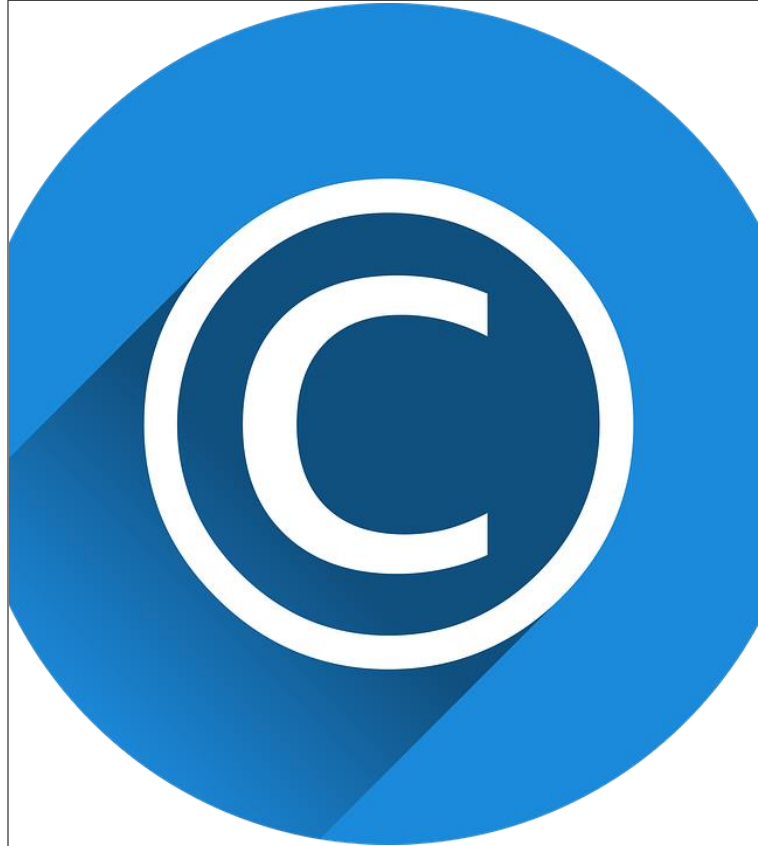


SALT POTASSIUM RATIO

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Salt/Potassium Ratio

Our bodies need sodium to carry out all the functions within. It turns out that salt is a vital substance which:

- Helps to carry nutrients into the cells
- Transmits nerve impulses
- Influences the contraction and relaxation of muscles
- Impacts hormones
- Helps to regulate blood pressure and volume etc. etc.

We are always taught that generally we eat too much salt, and that salt is behind the increased risk of heart attacks and strokes.

Right?

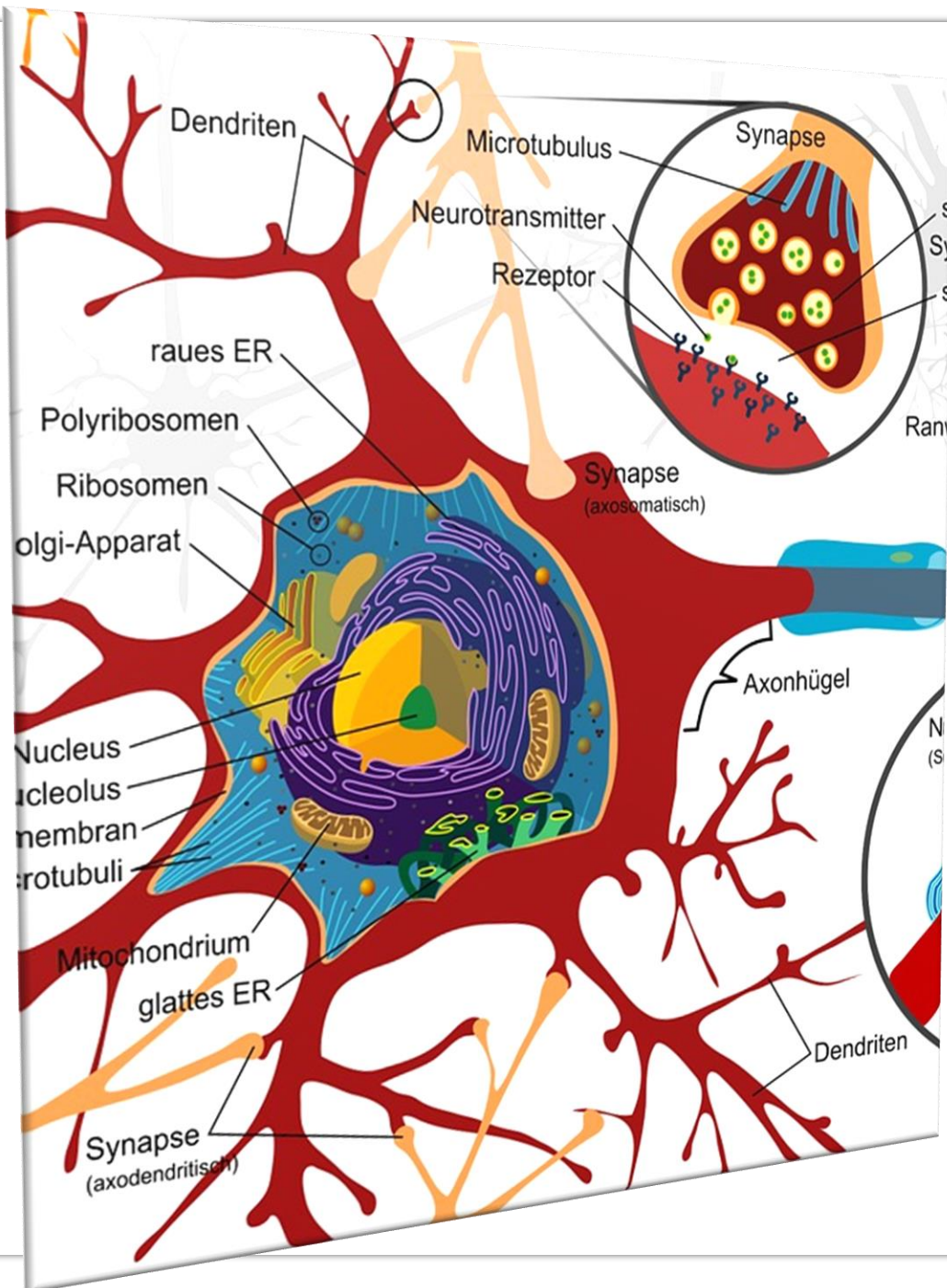
It was found in a published study by the New England Journal of Medicine that people who consumed less than 3,000 mg of sodium per day were at a 27% higher risk of dying from a heart attack, or even a stroke, than people who consumed between 3,000 and 6,000 mg per day!

But listen to this... 30 studies analysed by the John Hopkins University reached the conclusion that *potassium* actually lowers blood pressure... and that it worked nearly as well as drug therapy without the side-effects.

This means that the government health organisation recommendations could potentially increase your overall risk of having a fatal heart attack!

Could that be right?





Salt/Potassium Ratio

So, what we are seeing here is that it's the ratio between salt and potassium that should be addressed!

Potassium is a big player too!

Most of us do not receive anywhere near the amount of potassium we need for these functions:

- Essential for nerve transmissions
- Helps regulate fluid balance in the body
- Critical for both voluntary and involuntary muscle functions
- Assists protein and carbohydrate metabolism
- Regulates the blood pressure

What is most important is that we get the ratio between the two right. It is so important that it's been called the "Vitality Ratio".

1 of salt to 5 of potassium

We should be consuming 5 times more Potassium than Sodium.

Where do we find potassium?

- Eating more whole, natural foods.
- Eliminating processed foods (which are extremely high in salt).
- Consuming avocados as one of the best sources of Potassium.
- Herbs and spices add a lot of flavour to meals.
- Only using real salt... that is either:
 - Himalayan Pink Salt
 - Genuine Celtic Sea Salt
 - Both lab made salt and natural salt are known by the name of Sodium Chloride, but please note the following:



Natural Salt v Laboratory made Salt

Natural Salt

- Still contains all the minerals
- Contains no additives
- Contains naturally occurring iodine
- Pink-grey in colour

Healthy



Table Salt

- Stripped of all nutrition
- Iodine is lab version = iodide not iodine
- Contains anti-caking agents ⁽³⁾

- E341 Tricalcium Phosphate
- E500 Sodium bicarbonate
- E535 Sodium ferrocyanide
- E536 Potassium ferrocyanide
- E538 Calcium ferrocyanide
- E542 Bone phosphate
- E550 Sodium silicate
- E551 Silicon dioxide
- E552 Calcium silicate
- E553a Magnesium trisilicate
- E553b Talcum powder
- E554 Sodium aluminosilicate
- E555 Potassium aluminium silicate
- E556 Calcium aluminosilicate
- E558 Bentonite
- E559 Aluminium silicate
- E570 Stearic acid
- E900 Polydimethylsiloxane

These are not all used at the same time. E554 is the most common and comes with many potential side effects.

Unhealthy

Your body has a hard time working out what to do with table salt without the minerals!



Natural Celtic Sea Salt
(unrefined)



Natural Himalayan Pink
Rock Salt (unrefined)



versus

Refined Table Salt (refined – only
two minerals)

Do not use:

- Table Salt
- Iodised Salt
- Even **Sea Salt** can be deceiving as it's very often refined, which means the minerals are stripped out of it. Salt found in nature is not usually pure white.

Himalayan Crystal salt is pink.

It's harvested in pristine mountains and then naturally dried in the sun.

Contains many minerals, including iodine.



Cut back on **table salt** (eliminate where possible).
Eat only non-processed real salt.
Increase your potassium intake from foods like:

- Avocado (highest source)
- Banana
- Beetroot
- Spinach – fresh or frozen
- Sweet potato
- Tomato sauce
- Watermelon
- White beans
- White potato
- Yoghurt

